

TYPES OF RELATIONSHIPS

Purpose of Activity: Identify different types of relationships and the role they play in our lives.

Estimated Time: 50-60 minutes.

Materials needed: *People in My Life* work sheets (1 for each student)

Procedure: Distribute one worksheet for each participant. Let students know that we all have different people in our lives that we are connected to in some way. Explain that a relationship is a *type of connection* we have with another person. Some of these relationships or connections are stronger than others but they all serve a purpose in our lives.

One at a time, starting at the top, define the relationship as well as the function/ role the relationship plays in our lives (use narrative cheat sheet from p. 295 of book). As you complete each category of relationship- ask students to list names of people they would put into the category. Move down the worksheet until all types of relationships have been addressed.

Key discussion points:

1. Do we have to have a connection/relationship with everyone? Why or why not?
2. How does understanding the type of connection we have with people help us understand boundaries?
3. How does understanding our relationship help us with safety?
4. Are there things you notice about your worksheet that you would like to change? What would you like to be different? How can you make that happen?